

# Veggie Sketti

**Makes:** 12 or 48 servings

Ingredients	12 Servings		48 Servings	
	Weight	Measure	Weight	Measure
Spaghetti, whole wheat, dry		2 cups		8 cups
Onions, chopped		1 cup		4 cups
Tomatoes, chopped		1 cup		4 cups
Yellow bell pepper, chopped		1/2 cup		2 cups
Green bell pepper, chopped		1/2 cup		2 cups
Green beans		1/2 cup		2 cups
Water		1/2 cup		2 cups
Parsley		1-1/2 Tbsp		6 Tbsp
Black pepper		1 Tbsp		4 Tbsp
Tomato paste		3/4 cup		3 cups

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>100</b>	
Total Fat	NA	
Protein	4 g	
Carbohydrates	22 g	
Dietary Fiber	1 g	
Saturated Fat	NA	
Sodium	134 mg	

## Directions

1. Combine onions, tomatoes, bell peppers, green beans, water, parsley and pepper in large saucepan.
2. Let cook for 10-15 minutes.
3. Stir in tomato paste.
4. Cook for another 15-25 minutes stirring occasionally.
5. Cook spaghetti as directed on package.
6. Serve 1/4 cup spaghetti with 1/4 cup vegetable mixture.

## Notes

Serving Tips:

Spaghetti is a fast and easy meal for busy days. Top with any vegetables and/or meat/meat alternate that may be leftover from another meal.